a value guide for guiding said valve stem in said valve housing:

an activating device which, when activated, provides a force in a direction opposite said first direction to axially move said valve stem and said valve member in said valve housing and said valve member interacting with a valve seat on said valve housing to thereby determine flow through said valve;

an annular space formed between said valve guide and said valve member, said annular space providing a contact area between the valve member and the valve seat which is bounded on one side by a step adjoined by a guide surface.

9. The valve according to Claim 8, wherein the step and the guide surface are arranged on at least one of the valve member and the valve housing.

10. The valve according to Claim 8, wherein said step is formed by an edge of the valve member wherein said edge is surrounded by a separate baffle element which is connected to one of the valve housing and a stop which limits an opening stroke of the valve member.

11. The valve according to Claim 10, wherein said baffle element has radially oriented drainage passages for connecting a space adjoining the valve member to a return passage.

12. The valve according to one of Claims 10, wherein drainage passages are provided between the stop and the valve member.

13. The valve according to Claim 10, wherein the baffle element is secured on the valve housing by means of guide vanes which are arranged downstream of the baffle element.

14. The valve according to one of Claim 10, wherein the baffle element is formed on the stop and drainage passages are formed by holes.

15. A valve system, comprising:

a valve member having a valve stem;

a valve housing containing said valve stem and a valve seat;

a valve spring providing a biasing force in a first direction against said valve stem;

an activation device which, when activated, provides a force in a second direction opposite to said first direction to axially move said valve stem;

a valve guide for guiding said valve stem in said valve housing;

a contact area formed between the valve member and the valve seat, said contact area being bounded on one side by a step which is adjoined by a guide surface.

16. The arrangement according to claim 15, wherein the step and the guide surface are arranged on at least one of the valve member and the valve housing.

17. The arrangement according to claim 15, wherein the step is formed by the edge of the valve member and wherein the valve member is surrounded by a baffle element which is one of connected to the valve housing and to a stop in order to limit the opening stroke of the valve member.

18. The arrangement according to claim 17, wherein the baffle element has radially oriented drainage passages which connect a space adjoining the valve member to a return passage.

19. The arrangement according to claim 18, wherein a plurality of said drainage passages are provided between the stop and the valve member.

20. The arrangement according to claim 17, wherein the baffle element is secured on the valve housing by means of guide vanes arranged downstream of the baffle element.

21. The arrangement according to claim 17, wherein the baffle element is formed on the stop and drainage passages are formed by holes.